

Eccleston Mere Primary School

PE Policy



Approved by: V.Atherton / R.Mugan

Last reviewed on: May 2023

Next review due by: May 2023

Curriculum Vision Statement

Intent Statement

At Eccleston Mere, PE enables children to develop their confidence, perseverance, and team-spirit. We believe that children must engage in a programme of PE that encourages fitness, improves their strength and promotes a healthy lifestyle. This allows pupils to gain a sense of achievement and develops self-esteem through the demonstration of positive attitudes towards themselves and others.

- To promote enjoyment of movement and performance.
- To establish self-esteem, confidence and teamwork and a desire to continue with physical activity throughout life.
- To give children a greater understanding of themselves and their physical capabilities.
- To develop personal qualities of fairness, commitment, enthusiasm and healthy competition.
- To develop an awareness of safety.
- To acquire and develop skills.
- To be able to select and apply skills and tactics.
- To acquire a knowledge and understanding of fitness and health.
- To be able to evaluate and improve your own performance and the performance of others.

Effective Teaching in EYFS/ KS1/ KS2

In planning and delivering lessons, teachers will have due regard for the following:

- The setting of suitable learning challenges.
- The large range of abilities at Eccleston Mere (from those with complex needs to those with particular gifts and talents).
- Overcoming potential barriers to learning for individuals and particular groups.
- Supervision levels and levels of risk associated with activities being carried out.

Key Stage 1

- Invasion Games
- Gymnastics
- Dance
- Judo
- Net and wall games
- Fielding and striking games
- Yoga

Key Stage 2

- Invasion Games
- Gymnastics
- Dance
- Swimming
- Fielding and striking games
- Yoga
- Net and wall games
- Judo
- Athletics
- Outdoor adventure activities

Children will participate in at least two hours of structured curriculum PE each week.

At Eccleston Mere we follow the PE Passport scheme which provides clearly differentiated lesson plans for all areas of PE. Videos are also available to demonstrate parts of each lesson. The PE lessons taught from the above schemes will be delivered with due regard to health and safety principles outlined in the 'Safe Practice in Physical Education and School Sport' (Association for Physical

Education, 2020 ed.) guidelines, alongside the school indoor and outdoor risk assessment documents (see Appendix 1 & 2).

Supervision

Supervision must be adequate and will relate to the age maturity expected behaviour and mental and physical abilities of the pupils.

Teachers are responsible for:

- Delivering PE lessons (if a specialist coach is delivering the lesson teachers will be present to benefit from CPD)
- School coaches
- Providing the appropriate level of supervision
- Adopting physical activities to take into account specified medical condition
- Assessment and planning

Appropriate support will be provided for all NQT's in line with National Teacher Training guidelines.

Any trainee teaching Physical Education in school will work under the supervision of the class teacher.

Dress

Due to COVID restrictions, children are expected to attend wearing their PE kits. Children must wear the correct kit for all sessions. School recommends:

- Shorts or tracksuit pants
- T-shirt
- Pumps
- Hooded top or fleece
- Trainers for outside/cold weather
- No jewellery is to be worn

For swimming:

- Boys – swimming trunks (not shorts)
- Girls – swimming costume (not bikini)
- Long hair should be tied back
- No jewellery is to be worn

Staff should be dressed appropriately.

Non-participants

Procedures for non-participants; forgotten kit, medical problems or injuries:

- All children should participate in physical activities as far as is possible.
- A note signed by a parent or guardian is expected if a child is unable to participate.
- Non-participants should be encouraged to take an active role, e.g. refereeing, timekeeping, scoring, evaluation etc.

Weather

All outdoor lessons, particularly across Key Stage 2, will be delivered wherever possible (except in extreme weather conditions). PE related activities may be conducted in the classroom environment, e.g. internet activities, worksheets, sports posters, topics relating to sport etc. Wherever possible, the school hall will be made available in wet weather. The school field/playground is to be assessed prior to the lesson to determine suitability for the activity. It should be reassessed throughout the lesson should weather conditions change.

During periods of hot weather, teachers should monitor the student for signs of heat exhaustion, manifested by symptoms such as headaches.

PE Safety

- Children are trained from Reception class to get out and put away apparatus safely and correctly.
- The teacher is responsible for ensuring apparatus is correctly erected and safe.
- The teacher should ensure that there are no hazards in the hall and outdoor environment during PE lessons (see Appendix 1 – Indoor Risk Assessment).
- Children should not use or move apparatus without supervision.
- The teacher should be in a position where the whole class can be observed.
- Children should work quietly and listen with attention to instructions.
- Report any accidents to the Head Teacher immediately.
- Refer to the Health and Safety Policy for further information procedures for accidents.
- Teachers should teach safety as well as teaching safely.

Use of specialist coaches

- Support for extra - curricular activities may be provided by qualified coaches, parents and/or volunteers. Any adults working with children will have the necessary clearance and have explained their duty of care.
- In accordance with school policy and healthy schools supportive partner's checklist, induction and appropriate checks will be carried out. All visitors to school involved in physical education will have access to school induction documentation which contains safety information. In the initial meeting, they will be expected to complete and sign a LA supportive partnership checklist, a school/club agreement and they will be given a copy of the PE policy to enable them to adhere to the school's aims and expectations.
- Health and safety guide 'Safe Practice in Physical Education and Sport 2012' is available in the Head Teacher's office.

How work is evidenced

Photographic and video evidence will be collated using the PE Passport app to support the end of unit assessment judgements.

Parental consent will be sought when using digital photographs of children at Eccleston Mere, in line with the school policy.

Assessment

Whilst class teachers are responsible for the assessment of PE, specialist coaches can advise on any judgements made. PE will be assessed using the Bronze (WTS), Silver (EXS), Gold (GDS) system on PE Passport at the end of each completed PE unit.

Marking and Feedback

Verbal feedback will be given to children throughout each lesson. Children will be encouraged to offer peer feedback in the form of constructive criticism.

SMSC/ Cultural Capital/ British Values

An achievement assembly takes place each week, when school and community PE achievements are recognised with appropriate certificates. Children may be asked to demonstrate their skills to the larger group.

Children are encouraged to take part in local school competitions. Forest competitions also take place during lunch times where children are given the opportunity to compete against their peers in a selected sport each term.

Y6 children voted for Forest Sports Captains who represent the school forests and feedback results of competitions in assembly time. Their job is to encourage others to take part in sporting activities and to embody sports values such as respect and honesty.